

AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings of claims in the application:

LISTING OF CLAIMS:

1. (original) Exercising device that comprises a first strap (1), loops (3,7) attached to the first strap (1) and an anchorage means (11) that is intended to be fixed to a base, said anchorage means (11) being designed to receive the first strap (1) in such a way that the first strap (1) is displaceable in its longitudinal direction relative to the anchorage means (11), c h a r a c t e r i s e d in that at least one loop (3,7) has a length/circumference in the interval 110-180 cm, and that tubular handles (10) are mounted on the loops (3,7) and displaceable relative to the loops (3,7).
2. (original) Exercising device according to claim 1, c h a r a c t e r i s e d in that the loops (3,7) constitute second straps of larger width than the internal diameter of the tubular handles (10).
3. (currently amended) Exercising device according to claims 1 [[or 2]], c h a r a c t e r i s e d in that the anchorage means (11) comprises a sheet-shaped carrier (16), a pocket (19) integrated with the carrier (16) and a rod shaped element (18) that is intended to be mounted in the pocket (19).
4. (currently amended) Exercising device according to claims 1 [[or 2]], c h a r a c t e r i s e d in that at least one loop (7) is connected to the first strap (1) by means of a buckle (9).

5. (currently amended) Exercising device according to ~~any of the previous claims~~ claim 1, c h a r a c t e r i s e d in that it comprises an anti-slip mat (20) for user to stand upon when using the exercising device.

6. (currently amended) Exercising device according to ~~any of the previous claims~~ claim 1, c h a r a c t e r i s e d in that the anchorage means (11) comprises a shackle (12; 112), through which the first strap (1) runs, and that the first strap (1) is displaceable in its longitudinal direction relative to the shackle (12; 112).

7. (original) Exercising device according to claim 6, c h a r a c t e r i s e d in that the shackle (112) comprises at least one screw (114A) that carries a sleeve (121).

8. (original) Exercising device according to claim 7, c h a r a c t e r i s e d in that the shackle (112) comprises three screws (114A, 114B, 114C) that each carries a sleeve (121).

9. (new) Exercising device according to claim 2, c h a r a c t e r i s e d in that the anchorage means (11) comprises a sheet-shaped carrier (16), a pocket (19) integrated with the carrier (16) and a rod shaped element (18) that is intended to be mounted in the pocket (19).

10. (new) Exercising device according to claim 2, c h a r a c t e r i s e d in that at least one loop (7) is connected to the first strap (1) by means of a buckle (9).

11. (new) Exercising device according to claim 2, c h a r a c t e r i s e d in that it comprises an anti-slip mat (20) for user to stand upon when using the exercising device.

12. (new) Exercising device according to claim 3, c h a r a c t e r i s e d in that it comprises an anti-slip mat (20) for user to stand upon when using the exercising device.

13. (new) Exercising device according to claim 4, c h a r a c t e r i s e d in that it comprises an anti-slip mat (20) for user to stand upon when using the exercising device.

14. (new) Exercising device according claim 2, c h a r a c t e r i s e d in that the anchorage means (11) comprises a shackle (12; 112), through which the first strap (1) runs, and that the first strap (1) is displaceable in its longitudinal direction relative to the shackle (12; 112).

15. (new) Exercising device according claim 3, c h a r a c t e r i s e d in that the anchorage means (11) comprises a shackle (12; 112), through which the first strap (1) runs, and that the first strap (1) is displaceable in its longitudinal direction relative to the shackle (12; 112).

16. (new) Exercising device according claim 4, c h a r a c t e r i s e d in that the anchorage means (11) comprises a shackle (12; 112), through which the first strap (1) runs, and that the first strap (1) is displaceable in its longitudinal direction relative to the shackle (12; 112).

17. (new) Exercising device according claim 5, c h a r a c t e r i s e d in that the anchorage means (11) comprises a shackle (12; 112), through which the first strap (1) runs, and that the first strap (1) is displaceable in its longitudinal direction relative to the shackle (12; 112).